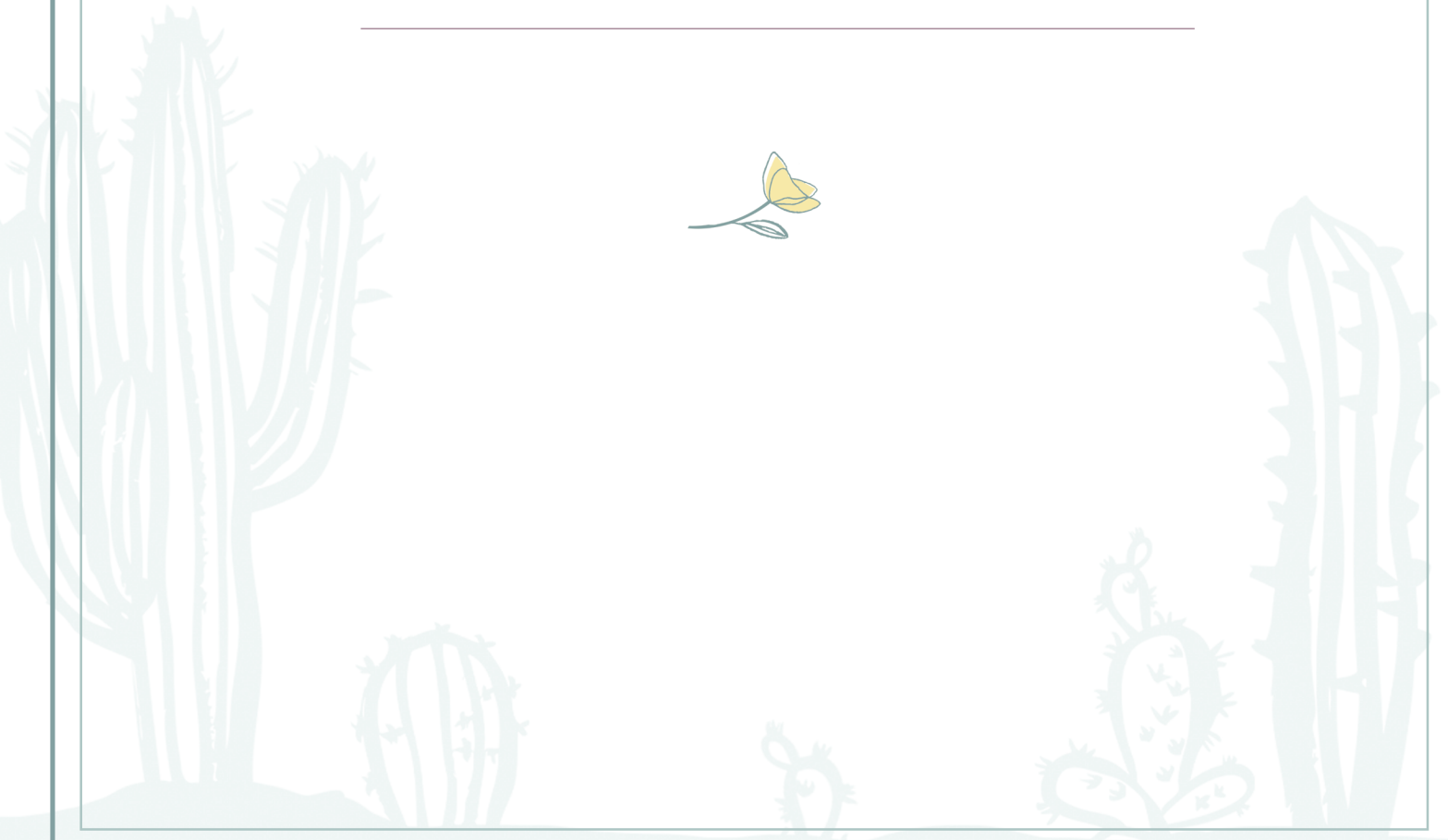




THE KILLER LIST OF EVERYTHING WOMAN





Celebrated images of strength and hotness, Wonder Woman and Superwoman, both products of DC Comics, are boot clad, cape waving testaments to woman power. From their perfectly-proportioned physique to their super hero prowess, they influence women, generation after generation. As does the notion that women can do everything and anything with aplomb and precision. Despite the fact that those beloved forces of nature are fictional, their poise and proficiency spawned Everything Woman.

Boots, maybe. But the cape on Everything Woman looks more like a sheer kimono or shrug. Depending upon the generation or era, Everything Woman may wear a braid, a bob, or a pixie cut, but the aim is the same: Be everything to everyone.

My short hair doesn't flow or flip. I don't have an Amazon warrior woman bone in my body. Still, I sank my feet into the boots and donned my makeshift cape to conquer an ever-growing, out of control to-do list. Off I went to be everything to everyone. I allowed my self-image to wipe the word no from my memory bank. Not only did I scribble a long record of unrealistic expectations, but I invited everyone in my world to add to it. To infinity. And beyond.

Newsflash: Everything Woman is dead. Strangled by a killer to-do list.

Fraught with finger-pointing expectations, the see-if-you-can do all this inventory propelled the wanna-be superhero from the board room to the baby crib, the PTA meeting to Pinterest to acquire and create the perfect centerpiece for the super-sized family holiday celebration she's hosting. Pushed her to sprint from



mowing the lawn to volunteering at the food bank. Oh, and don't forget to pick up a carton of coconut milk on your way home from choir practice.

A killer to-do list robs you of your memory. You forget to breathe.

Gulp.

We weren't designed to carry the weight of the world between the lines on a list.

A reasonable, well-intentioned list may be your friend, for memory's sake. But when productivity is interpreted as power and is promoted as the Holy Grail, you may view checkmarks as the measure of your worth.

What if pursuing a measurable yield isn't the best path to nurturing an effectual life?

What do you say we peel off the cape, lose the big E and don a sundress, then take steps away from any unreasonable list of to-do's.

- Breathe. In. Breathe. Out. Psalm 46:10 tells us how. "Be still, and know that I am God." That's rest.
- Be intentional. Use your hand-picked priorities to choose what goes on your list.
- Get real. You are one person functioning with priorities. Anchor your expectations and those of others with a lens focused on reality.



- Jar your memory. Bring the answer “no” back to the surface. A “yes” to one thing, usually necessitates a “no” to another. Addition and subtraction are kin.
- Remember. God made you fearfully and wonderfully. His thoughts toward you are precious (Psalm 139:14, 17). Your value isn’t measured by the number of tasks you attempt or the checkmarks you accumulate. Nor is it determined by your successes or failures.

Reaching our potential, stepping into God’s purpose for us isn’t about going-through-the motions-productivity. It’s about being purposeful and present